



## Elliptical Machine Authorized For Spring PRT



Commanders may now authorize the elliptical trainer as an alternative testing option for the cardio portion of the Physical Readiness Test's (PRT) 1.5 mile run beginning with the Spring 2007 physical fitness cycle.

The elliptical trainer test is a 12-minute fixed-time test which correlates the results to the 1.5 mile run. The elliptical trainer test will provide the Sailors caloric output, which will be converted into a run time. The run performance standard charts, in OPNAVINST 6610.1H, will determine the PRT score. The goal is to burn as many calories as possible during the 12-minute test.

The testing procedures for the authorized elliptical trainers will be sent to the fleet via NAVADMIN at the end of this year. Run time conversion charts, caloric output goal charts, testing

procedures and answers to frequently asked questions will be available on the Physical Readiness Program office Web site, [www.npc.navy.mil/commandsupport/physicalreadiness](http://www.npc.navy.mil/commandsupport/physicalreadiness) next January.

For more information on this new policy, refer to NAVADMIN 293/06.